(Monroe Institute Blog - August 2014)

ANN VAUGHAN: IT'S ALL ABOUT THE LOVE

Ann Vaughan

DEC Coordinator and Professional Division Coordinator

Ann has been with The Monroe Institute for almost twenty-five years, first as a member of the hospitality team, then as the special assistant to Shirley Bliley in the Bob Monroe Research Lab, and currently as the Dolphin Energy Club (DEC) coordinator and Professional Division Coordinator. Working several positions has given Ann an intimate knowledge of TMI operations and allows her to provide service in a variety of capacities. She enjoys life outside the Institute by being with her family, reading, and just being.

Q: So, Ann Vaughan, how long have you worked at The Monroe Institute.
A: Since March of 1990, almost twenty-five years.

Q: You must be one of the longest-term staff members.
A: Yes, I am. When I started, Bob Monroe was alive. I worked here six years before he passed.

Q: You have seen The Monroe Institute go through many wonderful changes that were necessary to get us to this exciting place we are now.
A: Yes, it has been sometimes like a roller coaster.

Q: What is your official title here?
A: Dolphin Energy Club (DEC) Coordinator and Professional Division (PD) Coordinator.

Q: As I understand, those are two of the most important ongoing groups at TMI.
A: I would say that.

Q: When did you take over responsibility for coordinating these two groups?
A: Three years ago, in 2011.

Q: What did you do before?
A: I started at TMI working in the kitchen. I did that for over six years. Then I began working in the offices. I assisted Shirley Bliley with these two groups until her retirement, when I took on some of the responsibilities of her position.

Q: How would you explain the Professional Division?
A: The PD is a professional organization, open to physicians, researchers, psychiatrists, and psychotherapists—anyone who uses Monroe tools or ideas or skills, in their professional capacity.

Q: People cannot just sign up though, is that correct? They have to apply and qualify and be accepted into the Professional Division.
A: That is correct. They have to submit an application, which is reviewed by the PD steering committee, and then, if it meets the criteria, the applicant is accepted.

Q: Once someone is accepted, what are the benefits?
A: They are eligible to attend the Professional Seminar here at The Monroe Institute. People come from all over the world to the seminar. At the seminars they get to meet colleagues and compare notes on using TMI tools in their work. They network and collaborate with other members. Papers and research reports are presented, focusing on how the TMI approach has been successfully applied in different settings. Most of the presentations can be seen in past issues of the TMI Journal and on our YouTube channel. Other benefits include a discount on all items in our Store, and a new benefit to be announced soon.

Q: During the year do many of these people contact you?

A: Many people call and email with questions. They want to know who is using our tools and methods and how in their professions. I send out a networking roster to members regularly so they can either contact people in their area or in their specific professions.

Q: So members can connect with people on that roster and say, "it seems like you are doing something similar to what I am doing. I have this problem or question—how have you dealt with this situation?"
A: Yes, there is a great deal of collaboration within the Professional Division. It has become a strong support to its members and to TMI.

Q: In many ways, it sounds like you are the cement that holds the PD together?
A: I am here as their go-between. I answer questions and assist in making connections. I am a clearinghouse of sorts.

Q: What about the Dolphin Energy Club? What is DEC?
A: DEC is love!

Q: OK, DEC is love. What does that mean?
A: It is the purest form of love. I just had a man call in and tell me that this morning!

Q: How beautiful. And why did he say that?
A: He is a DEC member who had a brain injury. Bob Monroe gave him a cassette. He has used that cassette to successfully deal with his brain injury through all the years since then. He later joined DEC and now purchases CDs for other people who cannot afford them, but who are on the DEC list to receive healing. He truly believes in the power of the Dolphin Energy Club energy.

Q: What a great testimony that is.
A: All I can say sometimes is: "WOW, thanks! Just thank you!"

Q: He is helping other people in the true spirit of DEC.
A: Yes, he is an unsung hero.

Q: What exactly is DEC?
A: DEC is a remote or distant healing service. Some people are more comfortable defining it as a support group. It consists of members worldwide who have committed to sending healing energy to those who ask for DEC support. I receive healing requests and send them out to DEC members, who then use the methods they have learned from the DEC training CD, as well as their personal experience, to extend energy healing.

Q: Does DEC always heal people?
A: No, of course not. We do not claim it does. People experience what they need to. DEC can help if they are fully open, and truly desire, and can accept the help.

Q: Most of the people who belong to DEC have taken the Guidelines® program. Is this because, in that program, they are taught how to assist themselves and others to return to normal functioning, when their bodies are off kilter?
A: Yes but Guidelines® is not a requirement. If someone can pray for people in need or can send supportive energy, they can join DEC.

Q: If I call you up and say, I want to be someone who sends energy for the Dolphin Energy Club, and I pay my fee to belong, do I have to do anything to prove that I am qualified to send out energy?
A: No, you do not. We trust your intentions.

Q: I just have to want to send that healing energy.
A: Yes, that's all.

Q: And you put me on and email list and what happens?
A: I email you along with all the other people in DEC., when someone requests energy be sent to them.

Q: People call you who are sick, and what kinds of things do they say?
A: For instance, "I am having surgery on (a particular date) and could you have the group send me some positive energy."

Q: After the surgery, do many call back?
A: Yes, if it went well or as they are getting better, they will often thank everyone for sending them energy and I forward that on to everyone in the club.

Q: That is lovely. Was this Bob Monroe's original idea? Who put this together?
A: Mrs. Monroe–Nancy—Scooter's mom, and a friend, Shay St. John, were the founders of DEC, so to speak. Mrs. Monroe had breast cancer and went for a chemotherapy treatment. The chemo missed the vein and leaked into her hand, which started turning grey. Shay remembered that dolphins have been seen to assist whales with births. They envisioned seven dolphins eating the chemo. They then went to lunch and when they came back her hand had gotten better. So they discussed it with Bob and Shay's husband, Al. Together they developed the concept of the Dolphin Energy Club.

Q: It seems symbolic that here at the Monroe Institute we are making changes, bringing it into the twenty-first century, but when we talked about changing the name of DEC, people said, "No, that still works."
A: It is nothing but LOVE. Many people, when they listen to the DEC CD, send the dolphins to pray for these people. It often takes the form of prayer.

Q: I imagine them praying, or dancing, or swimming, or healing.
A: Even if a person has a terminal illness, the DEC will send dolphins to take them up to the Park, a name TMI uses for the area where those who have recently passed meet friends and relatives.

Q: My understanding of things is that death can be, when appropriate, viewed as a form of healing.
A: Doesn't it make you feel good when people think about you—when they tell you, "I been thinking about you and praying that you will get better?"

Q: Yes, you're right, I do.
A: It is all about how you feel. Words come from your mouth. You can say anything and not mean it, but you cannot lie with energy and strong caring feelings.

Q: What else about DEC should be said?
A: The membership is growing.

Q: Do you think people are becoming more aware that energy can affect their state of health and their recovery?
A: During TMI programs, the trainers explain to the participants about DEC. After each program two or three people sign up. DEC is a way for people to practice fulfilling their intentions. They are signing up to help others and practice their energy sending skills.

Q: Yes, I can see how people develop their skills by practicing and getting feedback and knowing they were part of something, and the people asking for support get better or heal faster.
A: Yes, the people who are in the DEC enjoy all that.

Q: What is the DEC CD that people get?
A: The training CD includes techniques and methods for healing themselves and others, and a basic explanation of what DEC is and what they are expected to do.

Q: So we do not sell that in the Store?

A: No, you cannot buy this CD. You have to join DEC to get it.

Q: That sounds like a valuable tool that people could use to help enhance their energy work once they become aware of some of what is possible.
A: That is true. People love the CD. Also, Bob Monroe's voice is on the CD explaining to people about belonging to DEC.

Q: Ann, thank you so much. This has been great.
A: Just tell them all DEC is pure Love. They can call me and I'll help them with sending out pure love.